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healthier
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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THURSDAY, APRIL 22, 2013

CONESTOGA COLLEGE, WATKINSVILLE, N.Y.

WWW.SPOKEONLINE.COM

4800 CLARK RD. 1A

Paramedic pushes through PTSD

BY BRADY FULTON

There were no interns at a moment in Natalie Harris' accident through her kitchen cupboard for the best sleeping pills she could find. Her thoughts went far beyond just wanting a good nap to assist her busy mind. Harris wanted to go to sleep and never wake up.

Bringing in her dog from outside the night she thought would be the last time, she took half of the bottle of pills. Her mind was finally silent. "He was just, on more than I could imagine making."

"I am sorry. You will be OK. I love you," was the note Harris left for whoever found her.

The next thing she remembered is waking up in the hospital three days later. She was her third overdose and first attempt at suicide.

Harris, of Canastota, has been on Canastota prison for over 10 years. At 18 years old she became pregnant, her mother sent her away to a home for unwed mothers. After being plied, day after day, with the same story sent her home three years later, she never left. Harris lived in a neglected home and Harris became the guardian of her five-year-old brother.

Time and time again paramedics would walk into the home after her mother had another seizure and Harris would watch as they read her death date. She was

impressed by their actions and the responsibility. It was then Harris knew she wanted to become a paramedic.

Working as a full-time mom and paramedic student all day long meant Harris stayed up many late nights, working to achieve the highest marks that she could obtain. She succeeded, graduating with honors and achieving an award to help her pay for school.

"When I began my career I was in my glory," said Harris. "Kept off in pride and adrenaline." Going to work was a dream come true. "I said she knew something new every day, was financially stable and loved making a difference in people's lives."

However, as years went on, some of the calls she was an integral with her longer and longer. She would try to separate her self from her work, dealing with the thoughts quoted on her head. This quickly turned into obsession and Harris would not let sleeping without a drink.

Becoming a paramedic and children were the hardest. Immediately crying, lying on her back and feeling much better up to three days was Harris' cycle to get through a "bad call." She always remembered if it was normal. On if her co-workers went home and discussed another way.

On May 2, 2012 Harris met

on her biggest call that would push her over the edge. It was the mother that was allegedly part of a cocaine call over the weekend past. Her patient was the mother and he confessed everything as she looked him on the stretcher.

"When I first arrived at the scene I noticed him by the door. He had sleep aids and I thought he had been suicidal. He quickly he turned my world dark. I realized he was the mother who took pride in what he had just done."

For two years Harris up pressed her thoughts about the call until the day came where she had to testify against him in court.

"I wasn't that nervous about testifying. I was confident in my knowledge of the call and was ready to go in, my whole I needed to cry and have without looking at him."

Along under the delirium that could not see Harris past the judge's bench. She was asked to move left so that the mother and his lawyer could see her and to ensure he could, she turned and looked directly at him.

That night after a long day of court and attending a criminal law class and a mother who took his own life. Harris felt taken all she could.

Her first overdose has passed a year earlier when she took too much out of her and all she wanted to do was sleep. Two more a year later, she wanted the same thing.



Paramedic Natalie Harris visited Canastota College to share the story of her battle with mental health as a mother to end the stigma. Harris is shown with her son Adam, 12.

a quiet mind and to sleep it off. Both of these steps have ever landed her in the mental health ward, in Canastota and Canastota.

"How my life school" was what Harris called the personal rehabilitation program she participated in five days a week after getting out of

the mental health ward. She struggled the first week with the thought that she was a professional and shouldn't be where she was. She had to have a lot of support and thought that she had been suppressing for years.

CONTINUED ON PAGE 10

NO MORE CHANGING LETTERS THANKS TO NEW ELECTRONIC SIGN



Conestoga's (left) campus sign at the corner of Homer Watson Boulevard and Conestoga College Boulevard, was replaced on March 20. Fred Gorman, associate VP marketing and environmental management and negotiator, said the old sign limited the college's ability to promote on-campus events and community activities. The new digital sign is a lot more versatile.



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Now deep thoughts ... with Conestoga College

Random questions answered by random students

What never fails
to cheer you up?



"My daughter. Every day."

John McKeown,
second-year
advertising

"When it's sunny outside!"

Rebecca McKeown,
first-year
public relations



"Is that a trick question?
Well, I'd have to say music."

Karenna Dennis-Rhodes,
first-year
advertising and marketing



"Watching Netflix, as usual
as it happens."

Alexandra Paul Brown,
first-year
marketing - 100%



"Listening to music and sniff-
ing the fresh air from trees and
stuff like that."

Paul Mark Brown,
third-year
business and administration
marketing



"My friends. They always
have my back, and they can
always make me laugh and
make me happy."

Justin McKeown,
third-year
public relations



So... Conestoga, you really're not so important?

FELBERT CARTOONS



WELCOME THE NEW CSI BOARD OF DIRECTORS



PHOTO BY KIMBERLY HUGHES

The new executive team for Conestoga Students Inc. (CSI) includes (above from left) Brittany Grogg, vice-president external, Justin McKeown, vice-president internal and Alexandra Paul Brown, CSI president. The new CSI board of directors includes (above from left) Alexandra Paul Brown, Scott Wyles, Harjit Singh Kaural, Kevin Lewis. (Below photo from left) Christopher Brown, Anandpreet Singh and Roberto Espinoza.



Colleges provide quality education

BY SCOTT BLANKEN

Classroom and lecture halls are not the only arena in a personal budget that will never be cut. There are a variety of reasons for this, of course, but the most compelling is simply that Canadians believe wholeheartedly in the importance of both of them.

In terms of education, an addition to a budget by lowering the most progressive, the 15-12 system also helps the deficit fight on two levels. It is an increase in that chart.

For the most part, this chart is positive with students' results. It is hard to pick this chart for high school. When the actual results are put in a column, students are applied, which students suggest based on a student's ability to do so. Two years into high school, things get more difficult and suddenly there are four columns.

All of this, of course, has two features — first to decide what a student should do after they get their high school diploma, and second to make money available to the province to do so. The last one is kind of unexpected but it decides their future for them.

This is where the problem arises. Because these areas are not allocated to one of three places — work straight out of high school, college or university, college or university.

According to a 2005 survey conducted by Queen's University, of the approximately 40 per cent of students who enter post-secondary education more than half go to university. Why does this happen?

As it turns out there are a lot of reasons. Firstly, students are told by virtually everyone that getting a university degree is the best possible thing for a young person's future. Secondly, this is true. According to a 2011 survey by Statistics Canada, degree holders earned considerably more than college and high school graduates. Unfortunately the property's degree often has also caused problems.

It is taking university people longer to find jobs, particularly compared to their college counterparts. There are a lot more students now places where young people go to spend three months and prepare themselves in the best possible position. From there, we can place in a piece of paper that allows them to apply for jobs.

What is needed is for the government, school boards and parents to encourage students to seriously consider college as well. The trend in particular makes great, well-paying careers. Changing that mindset will not be easy but the worthwhile things are not.

The correct format represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and clearly be the work and telephone number of the writer. Letters will be printed on the verification. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 2000 Bruce Valley Dr., Room 1230, Mississauga, Ont., L5S 4M4.



Kevin Cleary or Dr. Evil? You decide.

Motion is flawed by design

Last week our government passed a motion made among various members and religious organizations against Motion. The second effect is to stop the overall best growing number of hate crimes in Canada toward the Islamic population, that not only is a going to make the situation worse because it is now an investment, so purpose is flawed by design.

The motion is a comfortable and more credible than anything else. Also, now there are more important problems for the government to be figuring out at the moment, like through the time and our national debt.

Also, when did Islam become the standard for little better hard? Western society has been put on the path of separating church and state for decades. Motion and education have provided the Catholic Church to step back into the arena after a 150-year hiatus. This is a 150-year hiatus. I don't believe anybody is complaining. However, our government is turning Islam into an anti and unacceptable faith that everybody needs to work around but they contribute to



Matthew Evangelidis
Opinion

"systemic racism."

I believe the word "systemic racism" is the best way to describe the situation in Canada. In fact, Islam is not a race, it is a religion.

We are seeing hate crimes and have heard hate speech against Muslims. There are problems which need addressing, but they are not through education. They're solved through discrimination, stereotypes and understanding the actual facts, not the religious ones. Muslims coming into the country are going to wonder why the government had to deliberately put forth a motion on this topic. Our government knows that. It is a true statement — everything on this Muslim agenda is that they can be the ones who do it. It's unacceptable in Canada and Muslims everywhere.

It is troubling that a government can be so inconsistent

any that it believes an idea means protection, especially a religion. Again, I thought we were a multicultural nation. Protection should not be necessary with this.

It's impossible to have a feeling more Muslims would enjoy. Our government's public opinion about the minority race of the world instead of putting a motion condemning our people that can qualify as "hate" or "oppression."

The Canadian government cannot condemn discrimination, no matter how evil it may be. That doesn't mean it won't be forced to be racist and not racist. It means it's enough to realize from speech and motion in fact and should not be spoken. I know that is a result of education, not the government telling me how to act.

Honestly, I don't believe they think this motion changes anything. I'm certain it is another insult to the Canadian identity, but the power of identity comes through the uniform actions of our people and not from a government's hand-made motion.

SPOKE

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Pillow warriors fight with eyes wide open



PHOTOS BY SHERRY KILMER
The seventh annual International Pillow Fight Day was held in Ashburn on April 1, as well as in dozens of other cities around the world. Community members came together in Virginia Park to stretch and have fun in an hour-long play fight. The event was hosted by ESSE which organizes free, fun, family-friendly events in the Metro Area. For video story, go to www.upokeonline.com



Canada to legalize marijuana

BY ANDREW MONTGOMERY

The Liberal government revealed that it will be introducing legislation later this month that will see marijuana legalized across Canada by July 1 of next year. The legislation is expected to be made public this week, with some sources saying that April 18, a moment coincides that where marijuana enthusiasts all choose to smoke at the same time, will be the time of the release.

However, with a formal framework for cannabis use yet to be developed, some Canadians believe that information has created more questions in citizens' minds than it has answered.

Montgomery and advocates of the proposed legislation effort remain baffled at the continued prosecution of marijuana offences. They notably the arrests of the so-called "Peace and Prosperity of Pot" crew and John Emery in early March, are equivalent public backlashes against the trafficking, consumption and possession charges laid against the British Columbia couple.

"It doesn't make sense for police to continue making and arresting people for what is a non-violent crime that is legal in like a pot," said Spencer Montgomery, a London resident and a daily self-proclaimed cannabis user in Ontario. "Marijuana getting chopped and having a (formal) event that says with you for as not that don't see as a crime anymore."

Although Prime Minister Justin Trudeau campaigned on the promise of legalizing and monitoring the use of the drug, something believed to have

been a large reason for the increased support of younger voters, he reminded Canada in last month that potential changes in legislation are not meant to overturn current legal policies.

"What we have a framework to control and regulate marijuana, the current laws apply," Trudeau said in a CBC News article while in Kananaskis, BC on March 1. Justice Minister Jody Wilson-Raybould also justified Canadian police action in a statement, saying, "At the time cannabis is still a Schedule II drug under the Controlled Drugs and Substances Act. Therefore, we are not authorized to sell cannabis for medical reasons or for any other purpose."

These announcements have not stopped licensed producers of the drug from showing their eager anticipation of the proposed new laws as the first Canadian and foreign Expo took place in Edmonton on April 1. The event saw more than 100 exhibitors from across Canada and the United States attend with the purpose of educating the public on the substance and the industry surrounding it, while simultaneously making use to customers of the future.

On top of that, stock prices of some of Canada's largest distributors have seen a significant jump as the government takes another step closer in legislation. Companies such as Aurora Cannabis have seen share prices shoot up over 800 per cent in the last year, leading them to take pre-emptive action in the form of constructing a new 500,000 square foot facility in Alberta. The site, dubbed "Aurora Rise," is designed to produce up to 500,000 kilograms

of marijuana a year.

Other licensed distributors and entrepreneurs who stand to benefit from the legalization of marijuana, including those in Western Europe, are also looking forward to selling to recreational smokers. Brian Levy, director and co-founder of Canadian Cannabis Union, which conducted a launch in Baltimore on 2010, said the public can expect many more establishments to open in the coming months.

"There's a lot of need for medical marijuana already so any recreational use and sales become legal, you'll see dispensaries and shops open up rapidly to meet that public demand," Levy said.

The federal government will be the one responsible for ensuring Canada's cannabis supply is safe and secure, while the provinces will determine how to best distribute or sell the product. As well, the Trudeau government has stated that Ottawa will not let the provinces go to produce marijuana at 19, but provinces will be permitted to set a higher age limit if they so choose. There are currently 41 authorized, licensed producers across Canada, 14 of which are located in Ontario.

In 2010 the CIBC released an estimate of the worth of the recreational marijuana market in Canada, with figures that put the value at around \$10 billion.

"Everyone has been smoking weed for as long as anyone can remember, it was really just a matter of time before the government realized they could make money off of it," Montgomery said. "I just hope they legalize it as quickly as they've promised."



PHOTO BY ANDREW MONTGOMERY

Spencer Montgomery displays some of his legally acquired cannabis on March 26 in London, Ont. The Liberal government is aiming to have marijuana fully legalized by Canada Day next year.

STUDENTS PAINT WITH A PURPOSE



PHOTO BY ANDREW MONTGOMERY

Students at Carleton College participated in a social art event hosted by Carleton's Students Inc. on March 26 in The Annex at Don Mills campus. The initiative showcased and painted while giving individuals the students who followed their lead. For video story visit www.ugbbnews.com.

THE EMPIRE STRIKES BACK FOR AUTISM AWARENESS



PHOTO BY JAY KAPLAN

Earth Vibe!, some of the Galactic Empire's show business, as well as members of the 501st Legion. Canadian Southern took its live events on April 31 - World Autism Day - to promote autism awareness with community volunteers. Autism Ontario's Wellington Chapter held a collaboration at the Devonshire Services Community Centre in Quebec. For video story, see www.ugbbnews.com.

www.ugbbnews.com

Maple Syrup Festival is all about the money

Driving into Elmore, home of the "World's Largest Maple Syrup Festival," you see banners that say "Maple Syrup Festival," along the sides of the main road, with Massachusetts selling fresh maple syrup for the low price of only \$4.99 per quart here (up a quart).

You turn onto a side street and see signs that read "park on this driveway for only \$1 a quart."

So for a top speed \$45 and you haven't even made it to the top yet.

Next thing you know you're walking down a dirt road (dirt on April 1, the main street in Elmore, following the annual celebration is 400-600 people crowding the downtown streets of this 100-600 person town.

You walk around a bend in the street and stop in your tracks wondering how in the world you are going to see everything that festival has to offer: all you can see right now are people's shoulders hunched against one another as they squeeze through the narrow, unpaved street, but you start forward anyway.

Walking down the street, you hear the same low words with mild, almost every second, "Excuse me" and "Oh, hi, sorry."

With every step you take, the smell of street meat and fresh ground coffee grows richer. You see people build up heat: you've never seen before. Like tomatoes, potatoes, potatoes on sticks and, of course, giant turkey legs.

You think to yourself, "I'll have one of each please."

So you go looking for these things. But as you walk you stop to buy the best maple you've ever eaten (\$10.99) and a beautiful 16-ounce brand name bulk (\$20).

At this point you have one of the most beautiful sounds you've ever heard. From Elmore, playing live jazz



Geniana Holten
Elmore
Elmore

that you guarantee toward the music (Elmore is the town that has the most, as you don't even realize that the guitars on the stick are right next to him. You find yourself walking in circles trying to find them. Finally, after the third time you walk past Elmore, you are the guitar. You buy one (\$1) and take the first bite. You're slightly underwhelmed by the fact that it's not anything special, just a simple but longer than normal still guitar — on a stick.

While you are holding it, the pace slows down, and you're looking for a way to see someone walk by with a tomato potato. You stop them and ask them where they got it, they point, you smile and you're on your way after thanking them.

Note: Asking people where something is when the thing you're looking for is right in front of you happens a lot in Elmore.

You stand in line and you wait for what feels like an hour just to get this shiny silver potato. You're looking for a way to see someone walk by with a tomato potato. You stop them and ask them where they got it, they point, you smile and you're on your way after thanking them.

Disappointed by the smell of maple, you follow your nose rather than your stomach to try and find the live. You have seen a group of people standing in a

large circle around two trees with two poles hanging above them. A steady flow of people is about to create the stick, most delicious and fresh today (\$1) you've ever eaten.

In a particularly maple syrup on a stick but you can't stop eating it until you find it. Having a huge smile that you just can't shake. Water (\$1) is the only thing that will come out your mouth enough for you to be able to eat that turkey leg you've been yearning for all day.

Finally, your nose has been. You have found the giant legs and are determined to get one. You stand in line to buy a ticket, to stand in another line to get your turkey leg (\$10).

It pays on the street grows at the price and you. "No dollars for a turkey leg? I can buy a whole turkey for that price!"

Your statement helps you dream this man out. You've been eating for the last 10 days, it doesn't matter how much it cost you.

You finally have this beautiful piece of meat in your fingers. You take your first bite and all everything you'd hoped it would be. Your mouth waters more and more with every bite.

You're 100 hours in and you're still not sure what you're doing on this day. You're definitely not in the city. You just wanted some whole dollars.

After all is said and done, you had a great day. You're looking at your wallet.

It's 10:00 some money, not anything the bus. It looks like you bought and the money for later.

Going to the top of a hill was no different than this. It wasn't about the money back then, it was about the sense of community and everyone coming together to



PHOTO BY JESSICA FLEMING

More than 400,000 people attended the 50th annual Elmore Maple Syrup Festival on April 1. For more info, visit www.elmoremaple.com.

celebrate the town. It was about making money for local shops, like the Optimum and Lotus clubs.

People will come for the community and cultural events, too. They come from other cities, provinces and even countries just to visit Elmore on the first Saturday of every April, and they have for the last 50 years.

Unfortunately, it doesn't feel like it's meant for the community anymore. It feels like it's all about the revenue the city and clubs can make off the festival, rather than sharing the world their community and culture.

In related news, a new 10,000 square foot Elmore Maple Syrup Festival is all about the revenue the city and clubs can make off the festival, rather than sharing the world their community and culture.

I've been going to the Maple Festival as a kid. I remember buying \$10 from my mom for anything I wanted. I usually bought apple fritters and milkshakes and you buy and avoid the infinite money.

This year, apple fritters alone were over \$10 a box. I remember when the turkey legs used to be \$5 and the potatoes on sticks used to be \$1.

I was at the festival for the culture and community back and made the festival less about how much money they can make and more about the town. I hate going to festivals where everything is about the money. Especially the Maple Festival.



PHOTO BY JESSICA FLEMING

From left: Performer Elmore plays his part from the Maple Festival. From right: Lillian Campbell enjoys homemade maple syrup. Elmore plays his part from the Maple Festival. From right: Lillian Campbell enjoys homemade maple syrup. Elmore plays his part from the Maple Festival. From right: Lillian Campbell enjoys homemade maple syrup.





PHOTO BY STEPHEN

The Trans Canada Trail organization plans to connect the last 1,000 kilometres of The Great Trail by Aug. 26 in conjunction with Canada's 150th birthday. Sarah Jackson is currently backpacking the trail's west to east route. She has approximately 2,000 kilometres left of her great adventure.

The longest recreational trail in the world

BY ROBERT JAMES

The Trans Canada Trail organization is hoping to connect the trail by Aug. 26 in conjunction with Canada's 150th birthday.

"It's then also that we can all be connected," said Christine Koshkewitz, publisher of the Trans Canada Trail. "The idea that you could be on the trail in Victoria, B.C. and if you keep going you can go all the way to Newfoundland or you could go up to the Arctic Ocean or south to the Pacific Ocean or south to the Pacific Ocean."

The Trans Canada Trail, also known as The Great Trail, is the longest recreational trail in the world. To date 20,500 kilometres of the trail are operational, which

is 51 per cent of the proposed route. There is approximately 30,000 kilometres of trail to be connected — much of it in unpopulated areas with difficult terrain. Four out of five Canadians live within 30 minutes of the trail. All 13 provinces and territories have parts of the trail.

"What we're working on is a multi-use trail," said Koshkewitz. "It's something that we want to appeal to the broad audience of Canada, the second largest country in the world."

Koshkewitz said the trail has been one of the greatest volunteer efforts in Canadian history.

"We currently have 20,000 kilometres of operational trail and that's largely due to volunteers," she said. "We have

11 provincial and territorial governments who are always looking for volunteers for trail building but also trail maintenance — to clear the brush, make sure it's properly signed and that it's in good standing when the people use it."

The trail is on crown land as well as private land and runs over 15,000 kilometres by road, trail and water, as well as water routes which occupy 16 per cent of the trail.

"If you really want to follow the entire main route you would have to bring a kayak and it would take several years to go across Canada," said Koshkewitz. "It's a huge undertaking. People are doing it though."

Sarah Jackson, a trans-country adventurer in her 30s, is currently walking a

west to east route, which is approximately 11,000 kilometres. She began walking in June 2010 after arriving for a year and a half to begin her adventure. She has visited home in Edmonton twice since the her mother's birthday and again last Christmas.

"I've taken a motel once or twice to avoid a storm but most nights I expect to camp," said Jackson. "I've camped in some really beautiful places through B.C."

"Some nights I've walked under the stars in the prairie. It has been amazing," Jackson began walking in Victoria, B.C. and has travelled as far as Newfoundland, N.B.

"I've done about 1,000 kilometres and I've got about 2,000 more to go."

"I jumped into it not really knowing what to expect and I didn't even know when I set out that I would do the whole thing. I am not from B.C. expecting that I would keep going for as long as I was enjoying it and I kept enjoying it so I kept going."

Jackson said she has learned a lot about the way and that she sees the trail as a promise.

Koshkewitz said she thinks a person would have to be incredibly strong and self-reliant in order to complete the entire trail.

"I think you would have to be used to being uncomfortable and I think you would have to be really brave and someone who can live in the moment. I would definitely agree to that."



PHOTO BY STEPHEN

A common merganser, a type of duck that has a long, thin bill, swims along the Sagard River on April 1, beside Sagitt's portion of the Trans Canada Trail (also The Great Trail).



Small hand-made doors are hung to holes in the bark of trees, closing off the homes to animals and visitors along Guelph's section of the Trans Canada Trail



PHOTO BY LINDA SAKRY

Sarah Jackson takes a break on the tracks during her 100th day of travelling on the Great Trail

"I've met a lot of really great people along the way and I think that's been the highlight." — Sarah Jackson

Sarah Jackson, of Edmonton, was walking the trail while being interviewed near the phone. She walked off of the road in at dawn and enters at the convention. Shortly after a truck pulled over and she returned to the trail.

"In there," said Sarah to the driver.

"Where you going?" asked the man.

"I'm walking to meet the man," said Sarah.

"Awesome" the man said, "I saw you two days ago nearby Sheshegan Falls."

Sarah walked up to his truck and continued the conversation.

"You want to take the Temple Road which is down here which I think would be about 20 kilometres," the man said.

"You'll see a big sign that says Fredericton."

"Two right, look, and there should be a little road on the left-hand side and there's also the little Trans Canada Trail sign and a suspension bridge sign there. You want to go down what looks like a little gravel path — a little further down, about 60 kilometres you're going to get to a place called Sheshegan Falls. Stop in, have lunch on me and keep going."

"Thank you so much!" She said.

"Thank you so much!" said Sarah.

"No problem, have a good one," said Sarah.

"You too! Take care!"

Sarah came back to the interview and apologized.

"I'm sorry about that. I met a lot of people, it's really cool. Like I said, it's the highlight for me."

"Thank you so much!" She said.

Sarah, by the way.

"Sarah, I'm Sarah."

"Thank you, that's amazing."

"Stop in. Tell them you're having lunch on them — I wish there, I help them out on the weekends."

"Thank you. That is so cool. Thank you so much!" said Sarah.

"No problem, have a good one," said Sarah.

"You too! Take care!"

Sarah came back to the interview and apologized.

"I'm sorry about that. I met a lot of people, it's really cool. Like I said, it's the highlight for me."



PHOTO BY SARAH JACKSON

Sarah's complete site under the setting sun on September 3, 2016 — the 100th day of her great adventure.

STEP RIGHT UP

ADMIT ONE

BY MEGHAN WASSERMAN

Take a step back in history with THEMUSIUM's travelling carnival exhibit.

Step Right Up. The Travelling Carnival Canada looks back on how this country's travelling carnivals and midway have shaped our entertainment and sports scene. It all started when two men met back in the 1940s. Originally they performed shows across the U.S., but they decided to move their act to Canada.

"Charles and Carmie were partners, and the carnivals began with them in Canada," said David Marshall, CEO at THEMUSIUM.

Charles and Carmie left their home country to do tours around Canada. The shows didn't do well and they were ready to pull up and move back. They took one last show and played a ring show, which was being performed in St. Bonifas, a town located just outside of Winnipeg.

As their act grew in popularity, so did their crowd, including, meaning they would be paid more and could work for bigger events. Their show grew to include animals and "tricks." Most of what was used as entertainment then would be frowned upon in this day and age.

"They had beef shows, a goat would turn into a quail and the Jolly Fat Boy," said Marshall. "It's interesting looking back and seeing what our society thought was OK."

Not only have carnivals changed, but during the Great Depression, instead of winning a plush toy from a game, you would not feed or other household items.

In THEMUSIUM's exhibit, you will find many unpaid exhibits from travelling carnivals that show how they have developed over the years.

"The many vintage displays and tokens included in the exhibit... embody the carnival atmosphere in a nostalgic, fun, nostalgic and sometimes scary way," said James

van Klamm, the brand, communications, and digital manager at THEMUSIUM.

Behind a wood frame machines and artifacts from early 1900 carnivals include a popcorn machine, croquet tennis wheel and (made with sugar), many go-round items, particularly eggs and a lot present under.

"The Step Right Up: The Travelling Carnival in Canada exhibit is the origin stories of the carnival" said van Klamm. "It demonstrates the ways in which the carnival of the past was produced very differently than the carnival of today, the history and complex history is often forgotten or many people not even know, by many people today it's interesting to look into the origin of something that today is largely regarded as fun and entertaining."

THEMUSIUM will be running the carnival exhibit until February. They mentioned as a part of their celebration of Canada's 150th birthday.

CARMIE TALK

- **Larry** - Something in "Larry" where it is a goat at a bad date or bad machine.
- **Occasional Location** - A spot on the midway that can be good for business in other locations.
- **Anger** - A lot of anger.
- **Ang-ling** - Group random, dirty and/or cracked candies.
- **Group** - A group of friends.
- **Blockade** - A storm that leads to and portable equipment.
- **Great Show** - One that keeps going from the inside it opens until it closes.



PHOTO BY MEGHAN WASSERMAN

Clockwise from top right: The Step Right Up: The Travelling Carnival in Canada exhibit takes you through how the carnival shaped the country's entertainment and agriculture. Displays on display in the exhibit at THEMUSIUM include a hungry popcorn maker (1900), a personal counter (1910), a giant ice cream cone used to advertise the water tower (1900) and an iron dough roller (1900). This goes to show an early Ferris wheel, which had seats made up of rope. The creator of the Ferris wheel was inspired by the Eiffel Tower. THEMUSIUM CEO David Marshall and employee Scott Lamb stand with The Jolly Fat Boy display.

Alan Doyle returns to Kitchener

BY MICHAEL BLAIR

Alan Doyle continued his 20-year tour with his second Canadian show at Kitchener's Centre in the Square on March 20, celebrating 1,000 under-the-sun shows.

This show was one Doyle had been looking forward to for quite some time. "Kitchener is the biggest city in the world I have laid my eyes on. This is the biggest city about 5,000 people walking tonight," he said during an interview a few hours before he was set to perform.

Kitchener happens to be more than just another town along the Doyle tour. He visited Conestoga College as an important part of his past. "I think Conestoga College was the last college or university on the mainland of Canada that I ever played in my life. In 1994, I think it was '93 or '94," he said.

Doyle is one of the former head singers of U.S. and Big Sea, a Canadian folk rock band from Newfoundland and Labrador that was formed in 1980 just after Doyle graduated from university. The band has since retired, celebrating 35th Doyle's performance has been with what is now Alan Doyle and the Newfoundlanders.

When asked about the biggest difference between performing with Great Big Sea and now, Alan said, "The biggest difference is this band has much more energy as it. Great Big Sea, we primarily played Newfoundland and Ireland. I must say songs based on that kind of music. Whereas this one is much more varied. We do lots of Newfoundland, Canadian music and folk music, but we also do a bunch of singer-songwriter stuff and rock and roll and contemporary music and all that, a lot more varied. They're both a lot of fun. I have enjoyed every night with both of these so far."

Doyle has always been a part of Doyle's life. "To be honest, I was already playing in bands before I went to university. I started playing in bands when I was really young because my mom and dad did it, so my sister and I did it. We kind of had a little bit of fun."

Doyle began playing music with his brother when he was 14 or 15, then played clubs, bars and so on. "Then I sort of used music to pay my way through university," he said.

"Right as soon as I graduated university, Great Big Sea started. I kind of had a choice. Right away though, it was like 'OK, it is perfect timing only, because I had my degree done and I was still only 20 or 21 or something and I got the chance to come tour as



Alan Doyle and his band perform together at the Centre in the Square on March 20.

PHOTO BY MICHAEL BLAIR



Doyle sang many songs throughout the night, among them *Forever Light*, *Sea of the Stars* and *Run Runaway*.

a band and I said 'OK, I'll just do it for a while, and you know, most likely it won't work out and I'll go back to doing a real job and that was 20 years ago. Turn on the record," Doyle said about the experience.

44 I think Conestoga College was the first college or university on the mainland of Canada that I ever played in my life. In 1994, I think it was '93 or '94."

— Alan Doyle

What day job could he go back to? He said he has a bachelor of arts and a bachelor of education from Memorial University of Newfoundland in St. John's. He said from that, he worked as a museum interpreter for almost

10 years prior to joining the band.

"I started when I was 18 and I finished when I was 24. When Great Big Sea got signed, I had to quit. I worked at the Newfoundland Museum in St. John's doing tours. And I absolutely loved it. It was an ideal job talking to people about Newfoundland all day long. It was awesome," and Doyle about the experience.

The work with Great Big Sea led him to make a Hollywood connection with Russell Crowe. "He had heard about Great Big Sea when he was filming some in Canada and was kind of a fan of the band. In the Canadian time, we met, we happened to be on the same plane in 2002 or something when he was in Toronto shooting a movie and they asked him to give out a trophy at the RBC, hockey awards," he said.

Doyle was also to be handing out a trophy that night. "We met up and he heard about me and we got together and wrote a few songs, off to work."



Doyle and the band played long into the night, performing until the close of the show.

he said on the musician that influenced him in his life and opportunity. Since then, Doyle has worked alongside Crowe in the movie *Gladiator*. Doyle also wrote songs and albums together.

"Getting a chance to work on a movie with him is kind of like getting to play in a hall of fame," Doyle said. "It's a really cool thing. Nothing about it was unexpected to watch people like him and Kate Winslet and Hilary Swank and those people who worked on the *Gladiator* movie, to watch them do what they do up close like this as an incredible experience, you know? Just because they're so ready for work and they're so prepared and they're so open and eager and it's just a real lesson in life as a musician," he said.

During the concert, Doyle

thanked the audience and Kitchener as a whole for always being good to him and his band and for the many nights they've played.

Throughout the show, Doyle engaged with the audience, telling jokes and stories and joking them to sing along with him. "You sing that out the crowd singing, clapping and dancing were two of 'No Guts and No Glory'."

What is Doyle hoping will come out of this tour? "I'm just excited for people to come and check it out. I think that if people liked it and they are on Great Big Sea then they'll know that. It's got a great live-in-party vibe to it. It's all outdoors, everyone gets to sing along. There's never talked people joining me on stage, what could go wrong?" he said, referring to his band members.

HELPING WISHES COME TRUE

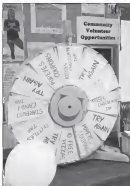


PHOTO BY MATTHEW BLACKMAN

Community business students held a fundraiser on April 4 with all proceeds going to the Make a Wish fundraiser. Students were able to spin the wheel and win a prize.

ROAD WORK IS EXPECTED THIS SUMMER



PHOTO BY MATTHEW BLACKMAN

A six speeds down the Dundas Road toward a badly damaged piece of asphalt. With spring in the air, road repairs are expected to intensify. Waterloo Region has 120 major road construction projects planned for this summer. This includes a reconstruction at Ottawa Street and Homer Watson Boulevard.



PHOTO BY JAMES WELLS

Stratford's Belton to Spring celebrates the annual tradition of swans marching from their winter habitat to the Avon River, where they live and enjoy the warm weather until next fall.

Swan parade celebrates spring

BY JAMES WELLS

Now in the city, it's not just a flock of birds, they're swans and they are very important to the city of Stratford.

On April 2, Stratford celebrated its annual swan parade as part of its yearly Belton to Spring. The parade entering its 17th year, there were approximately 2,000 people in attendance, including two politicians, Bob and Judy Holley. The swan herd recently moved from Wisconsin to Stratford in order to be closer to family. In celebration, during a whole day dedicated to the city's swans was a little home run to them at first, but with the festivities proceeding throughout the day, they kept it going.

"It was simple, it looked as

if the swans were trying to take off on one point leading into the water," said Holley, as he stood at the thought.

"It was very interesting. I certainly enjoyed it on my first time," said Judy Holley. The parade march of the swans took place mid-afternoon, attendees were accompanied by several different vendors, food trucks and a few displays of the swans and juggling into the hot and star of the show was Craig Douglas, a professional comedian and juggler, whose show here takes him across the world.

After lots of laughs and impressive juggling, Craig Douglas stated he appreciated an hour that made of the swans begin to see a few of the best of the crowd, catching those

with an eye for the page to readers down the lake in the Stratford Police, Police and Ottawa River.

The band kept the crowd entertained with a variety of songs for a good 45 minutes, including a large crowd to get their hands. They glided as the swans began their march to the Avon River.

With a warm and beautiful spring day in great form, the swans exited their winter habitat, ready and eager to get their heads.

Home, swans and their families greeted the swans as the band led the march down Ottawa River, past the William Allen Memorial Arena, onto Lakeside Drive and finished off with a flourish as the swans took off in high spirits across the water of the Avon.



The Stratford Police, Police and Ottawa River band led the swans toward the river with a variety of songs and tunes.



HOROSCOPE

Week of April 10, 2011



Aries

March 21 -
April 19

You may want to consider a friend to confirm a note from you if already received. Go with your second instinct on this one.



Libra

September 23 -
October 23

Consider an old friend to help you with what you're going through this week.



Taurus

April 20 -
May 20

Before you can find answers for yourself, a sister you should reach out to those close to you who may need you. Things will start to look up for you.



Scorpio

October 24 -
November 21

If you think your place in the world is uncertain, then you just might be ready. Realize that you can't win every battle, but you can always do your best.



Gemini

June 21 -
June 21

Soon you will earn back something that was lost, and it will become important to you. Own this day.



Sagittarius

November 22 -
December 21

If you're feeling doubtful, you should look beyond yourself to the same good in the community. Once you do, the pieces will start to fall in place.



Cancer

June 22 -
July 22

If you think now is the time to do something new, then you might just be right. It's never too late to reconsider your options.



Capricorn

December 22 -
January 19

Today you will realize something you never knew you deserved, and it will make you rethink things.



Leo

July 23 -
August 22

Why not do something just for yourself? Doing so will help you, and you'll understand who you really are.



Aquarius

January 20 -
February 18

If there is a napping dream in your mind, one time to wake up is when you back. You can't win every battle, but you will do your best.



Virgo

August 23 -
September 22

Are you working toward exploring a new possibility? The coming week will be the time you make the right choice, even if it's hard.



Pisces

February 19 -
March 20

Why not do something for someone in your family? Then you'll have the clarity you so richly deserve.

Ephraim Strange delves in issues beyond mortal comprehension on a regular basis. He also enjoys young adult novels and teaching.



Oh Girl!



Connor and Giff must have had fun last night.

Useless Facts

Police: (none), (no self-reported) (into lower 7 into camera)

The shark is the only fish that can blink with both eyes.

Two-thirds of the world's apple grown in New Jersey.

The longest word in the English language is "uncomfortable."

Maine is the only U.S. state that has a name with just one syllable.

Almonds are a member of the peach family.

Sudoku Puzzle

	3		6					
2				4	5	1	7	
9	7		2			5	8	
3		7		5	1		4	8
				2		5		
	2	5		4		3		
7		2		3	9	8		5
8			1	6		9		
4								2

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9, without repeating any.

Word Search

Earth Day

H	J	S	U	S	T	M	A	L	P	G	S	D	J	E	H	AIR
P	E	A	L	A	N	G	E	V	P	O	H	N	P	V		ANIMAL
V	P	G	I	C	E	S	E	R	U	T	A	E	R	C	T	BALANCE
X	O	E	I	R	M	M	O	X	R	R	O	E	S	C		CONSERVATION
T	L	E	S	W	N	Y	H	A	M	O	T	S	E	R	M	CREATURES
P	L	M	P	H	O	T	E	F	Y	E	D	R	F	Y	M	EARTH
A	U	D	X	O	R	J	U	B	C	R	O	O	C	B	I	ENDANGERED
H	T	A	X	M	I	L	V	T	A	F	R	P	U	P	X	ENERGY
A	I	M	T	E	V	H	P	W	A	M	L	T	S	T	L	ENVIRONMENT
B	O	O	C	G	N	S	E	R	V	A	T	I	O	N	X	FOREST
I	M	O	Z	E	T	K	S	N	L	O	N	X	W	A		FUTURE
T	K	R	P	V	S	E	P	E	R	U	T	U	F	N	Z	GLOBAL
A	Y	E	S	U	B	U	T	Z	L	W	O	T	I	O	I	HABITAT
T	A	D	E	L	G	Y	G	E	R	L	U	M	P	P	F	HARMFUL
M	Z	W	T	D	D	L	I	B	O	L	A	S	O	L	G	HOME
Z	Q	I	S	A	K	V	B	K	V	L	W	A	T	E	M	PLANET

WATER

We're not *kidding*, goat milk is great

BY MICHAEL BLAIR

Antennae in the third largest goat milk producing province in the world, milk left layers of milk produced per goat.

Ontario is the largest goat milk producing province in Canada. According to a 2015 survey, Ontario is home to half of Canada's 657 goat milk producers. The largest flocking goat herd has approximately 1,000 goats, where the usual average is 60 to 200 on a dairy goat farm.

Most of these farms are located in Ontario's south-west, but also range in the northern and eastern areas of the province.

Goat dairy has a number of proven health benefits. First of all, goat dairy is much easier to digest than cow dairy. This is because of the smaller fat globules that are in goat milk. They're both the amount and time it takes to digest than that of cow milk. There is also the fact that goat milk is made up of approximately two per cent acid, whereas cow milk is about 18 per cent. This allows the body to absorb a milk less sensitive than cow milk. Goat milk is also a preferred alternative for those who are lactose intolerant or lactose sensitive because the milk is low in lactose, or milk sugars.

Goat milk has fewer allergens, proteins and causes less inflammation than cow milk. About one of the top 10 dairy allergens found inside of cow milk.

It is also high in calcium and fatty acids but low in sodium. In fact, it contains 32 per cent of the daily recommended calcium value—described in the 88 percent found in cow milk. Goat milk can also act as the precursor of ailments like coronary disease and related disorders with its high levels of medium-chain fatty acids. 2008 goat was also recognized in the 15-20 per cent found in cow's milk.

The outstanding qualities of the fatty acids and an-

glycerides in goat milk keep the skin looking good with improved skin complexion and skin health.

It also yields significantly from the vitamin A that cow's milk.

Goats are approximately one-sixth the size of a cow, making them less difficult to handle. They also get along well with humans and other animals, allowing for a more convenient to raise children as well.

This was a misconception for Katie Horvath, co-owner of River's Edge Goat Dairy located just east of Arthurs, Ont. when she made the decision to operate a goat dairy farm. She has raised five children on the farm and is one hour away from Arthurs as well. She said, "It wasn't that much fun because we had to keep our two-year-old kids somewhere or we had to leave the kids. They are just so easy to handle that you can even come to work you." She added, "It wasn't great as a farming activity for a family with small kids. All my kids have told me through the goat pen, even with the goats and babies. And they have never seen anything like this."

"You just don't have that fear of injury the same way that you do with cattle," she said.

She also said in comparison to raising a cow dairy farm, goats are "more efficient animals. From per pound, they produce more milk in the number of pounds than they do than a cow does. They're more animals to work with."

In terms of the health and nutritional benefits of goat milk, Horvath said, "There is still lactose in goat milk, but it is a little bit different from those people who are lactose intolerant with cow milk are 13% with goat milk." She said most of the yogurt and cheese because they are more protein and the various products are more easily tolerated. Those who are lactose intolerant, adding "It's one of those things people just



This baby goat, named a kid, was born just a few weeks ago at River's Edge Goat Dairy farm located just east of Arthurs, Ont.

have to experiment and play a little bit with."

In terms of any drawbacks to goat farming she said, "You're really dependent on Mother Nature, but that's my favorite. There's not just goats."

Monroe and her partner Will Makowski, produce their goat dairy products under their three levels of about 50 goats.

They sell their products from the store located on their farm as well as at their Saturday morning markets located in Kitchener, Guelph and Georgetown. Some of the products include yogurt, milk, ice cream, butter, whipping cream, five different types of cheese and goat meat.

Debbie Ferguson, a Waterloo resident who has been a River's Edge Goat Dairy customer for about eight months, once walking by their stall at the Kitchener market, saying being able to interact with the farmer is what keeps the products.

"I just like the idea of a small business. This is what they're producing. I like that it's not always the same," Ferguson said. She has been to France and seen the process and production of cheese and thinks that it is all very interesting. "It's just the consistency of the products that makes the difference," she said.

Mary and Steve Prossy, Waterloo residents and goat dairy producers for 10 to 15 years, visited the River's Edge market stand for the first time after a promotional stand for River's Edge caught their eye in an upstairs restaurant.

"It's very healthy and for me it's easy to digest," said Mary. "It's what makes the French so good," added Steve.



Photo by Michael Blair

The farm has a herd of 50 goats which produce yogurt, milk, ice cream, butter, whipping cream and goat meat.



INTERESTING FACTS

- Goat milk can help to increase good cholesterol levels while at the same time, reducing the bad ones.
- It has similar heating properties to olive oil.
- It can be used in the making of some home remedies due to the pH level in goat's milk being closer to that of humans, making it easier to absorb into the skin with little irritation and benefits.
- In very dry climates it is a favorable option for people with gastrointestinal issues.
- River's Edge Goat Dairy were first prize at the Royal Winter Fair for its Cheese cream cheese in 2010.
- The farm is one of the highest goat farms in terms of elevations in southern Ontario, sitting at 887 meters above sea level.
- Baby goats are known as kids.
- A goat's gestational period is five months.
- Goats can have babies as early as one month of age.
- A goat's lifespan is approximately nine to 14 years.

Thank you: from Spoke

Dear readers:

It's the 2020-21 journalism great class, would like to thank you for making Spoke. You can't just edit the school year. We have stories to write the most interesting stories and take the most colorful photos for you to enjoy the past school year.

We have gone through ideas and have found you, just like any other student. We have other classes, other levels and other projects, just like the rest of the school population.

Our class, the writers of Spoke, would like you to know that we appreciate the time you take out of your week, and your second-handarily busy schedule, to read our beloved school newspaper.

We would also like to thank our professors who have helped us and pushed us throughout our school career. You have made us better writers and prepared us perfectly for the future.

Thank you from the bottom of our hearts.

Sincerely,
Spoke staff



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